



Help Yourself to Better Health

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

Living Well with Chronic Conditions can show you the way!

There's a Living Well with Chronic Conditions workshop starting soon near you!

When: Wednesdays, beginning April 15th through May 20th, 2020

Time: 5:30 pm – 8:00 pm

Where: St. John Lutheran Church
700 Heritage Rd., Luxemburg

Cost: \$10 suggested donation

To register: Call the Aging & Disability Resource Center of the Lakeshore at 1-877-416-7083

What is Living Well with Chronic Conditions? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help family caregivers:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



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